

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Lunch</u> 1 Pierogies w/Onions Cut Green Beans Diced Beets <u>Butterscotch Bar</u> <i>Dinner</i> Mini Pancakes Sunshine Salad Grape Juice Banana	<u>Lunch</u> 2 Sweet & Sour Pork over Brown Rice Broccoli <u>Tropical Fruit</u> <i>Dinner</i> Cheese Sandwich Three Bean Salad Orange Juice Chocolate Pudding	<u>Lunch</u> 3 Hot Dog over Vegetarian Chili Macaroni & Cheese <u>Chocolate Chip Cookie</u> <i>Dinner</i> Shaved Turkey Sandwich Tossed Salad Cranberry Juice Peaches	<u>Lunch</u> 4 Roast Turkey w/Gravy Apple Bread Dressing Monte Carlo Blend Veg. <u>Apricot Halves</u> <i>Dinner</i> Egg Salad Sandwich LF Cottage Cheese Apple Juice Low Fat Muffin	<u>Lunch</u> 5 Potato Crusted Pollack OR Pepper Steak Mashed Potatoes Country Blend Vegetables <u>Pumpkin Cookie</u> <i>Dinner</i> Shaved LS Ham Sandwich Pea Salad Apricot Nectar Pears
<u>Lunch</u> 8 Meatball Parmesan over Rotini Italian Cut Green Beans <u>Brownie</u> <i>Dinner</i> PB & Jelly Sandwich Tropical Fruit Apricot Nectar Fresh Orange	<u>Lunch</u> 9 Cabbage Casserole Mashed Potatoes Peas & Carrots <u>Low Fat Muffin</u> <i>Dinner</i> Shaved Turkey Sandwich Tossed Salad Grape Juice Vanilla Pudding	<u>Lunch</u> 10 Ham w/Raisin Sauce Scalloped Potatoes Broccoli <u>Peaches</u> <i>Dinner</i> Chicken Salad Sandwich LF Cottage Cheese Apple Juice Spice Cookie	<u>Lunch</u> 11 Stuffed Pepper Casserole Wax Beans Baby Carrots Tapioca Pudding w/Mandarin Oranges <i>Dinner</i> Shaved LS Ham Sandwich Tossed Salad Orange Juice Banana	<u>Lunch</u> 12 Breaded Fish OR Chicken w/Pineapple Brown Rice Pilaf Mashed Hubbard Squash <u>Oatmeal Cookie</u> <i>Dinner</i> Cheese Sandwich Coleslaw Cran. Juice Fruited Gelatin
<u>Lunch</u> 15 Chicken Cacciatore over Noodles Italian Mixed Vegetables <u>Chocolate Drop Cookie</u> <i>Dinner</i> Mini Pancakes LF Cottage Cheese Apple Juice Pineapple Tidbits	<u>Lunch</u> 16 Roast Beef w/Gravy Mashed Potatoes Brussels Sprouts <u>Pears</u> <i>Dinner</i> Cheese Sandwich Pickled Beets Grape Juice Butterscotch Pudding	<u>Lunch</u> 17 Marinated Chicken Baked Potato Country Mix Vegetables <u>Peach Cobbler</u> <i>Dinner</i> Egg Salad Sandwich Red Potato Salad Cranberry Juice Banana	<u>Lunch</u> 18 Broccoli Omelet Hash Brown Potatoes Cut Green Beans <u>Fruited Gelatin</u> <i>Dinner</i> Shaved LS Ham Sandwich Swiss Cheese Orange Juice Animal Crackers	<u>Lunch</u> 19 Grandma's Meatloaf OR Fish Florentine Mashed Potatoes Peas & Carrots <u>Diet Pudding</u> <i>Dinner</i> Chicken Salad Sandwich Three Bean Salad Apricot Nectar Oatmeal Cookie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Lunch</u> 22 Macaroni & Cheese Stewed Tomatoes Cauliflower w/Parsley <u>Banana</u> Dinner <i>Mini Pancakes</i> <i>LF Cottage Cheese</i> <i>Cranberry Juice</i> <i>Sugar Cookie</i>	<u>Lunch</u> 23 Pub Burger w/Onions Mashed Potatoes Cut Green Beans <u>Pineapples & Mandarin</u> <u>Oranges</u> Dinner <i>Shaved Turkey Sandwich</i> <i>Pasta Salad</i> <i>Apricot Nectar</i> <i>Pumpkin Cookies</i>	<u>Lunch</u> 24 Roast Pork w/Gravy Mashed Potatoes Red Cabbage Supreme <u>Lemon Bar</u> Dinner <i>Chicken Salad Sandwich</i> <i>Fruit Salad</i> <i>Grape Juice</i> <i>Fresh Orange</i>	<u>Lunch</u> 25 Beef Stroganoff over Noodles Baby Carrots Peas <u>Apple Crisp</u> Dinner <i>Egg Salad Sandwich</i> <i>Under the Sea Salad</i> <i>Orange Juice</i> <i>Fig Newtons</i>	<u>Lunch</u> 26 Salisbury Steak OR Lemon Pepper Pollack Brown Rice Pilaf Sonoma Blend Vegetables <u>Peaches</u> Dinner <i>Shaved LS Ham Sandwich</i> <i>Coleslaw</i> <i>Apple Juice</i> <i>Low Fat Muffin</i>
<u>Lunch</u> 29 Chicken w/Herbs Baked Beans Potato Puffs <u>Sugar Cookie</u> Dinner <i>Shaved LS Ham Sandwich</i> <i>Three Bean Salad</i> <i>Cranberry Juice</i> <i>Fresh Peach</i>	<u>Lunch</u> 30 Roast Turkey w/Gravy Bread Dressing Monte Carlo Blend Veg. <u>Cinnamon Applesauce</u> Dinner <i>Tuna Salad Sandwich</i> <i>Banana</i> <i>Apricot Nectar</i> <i>Pumpkin Cookie</i>	<u>Lunch</u> 31 Liver w/Onions OR Chicken Marengo Mashed Potatoes Peas <u>Rice Pudding w/Raisins</u> Dinner <i>Egg & Cottage Chz. Sand.</i> <i>Fruit Cocktail</i> <i>Grape Juice</i> <i>Fresh Orange</i>	<u>Lunch</u> 9/1 Grandma's Meatloaf Chantilly Potatoes Broccoli <u>Vanilla Cake</u> <u>w/Strawberry Frosting</u> Dinner <i>Shaved Turkey Sandwich</i> <i>Red Potato Salad</i> <i>Orange Juice</i> <i>Pears</i>	<u>Lunch</u> 2 Chicken w/Barbecue Sc. Baked Potato Carrots <u>Lime Fruited Gelatin</u> Dinner <i>Shaved LS Ham Sandwich</i> <i>Coleslaw</i> <i>Apple Juice</i> <i>Peanut Butter Brownie</i>

Meals on Wheels Offices:

Binghamton – 778-6205

Chenango Bridge – 201-5944

Conklin/Kirkwood – 343-4396

Deposit – 467-3953

Harpursville/Windsor – 693-1566

Whitney Point – 692-2653

Menu subject to change without notice.**Milk and bread are sent weekly for you to consume throughout the week with your meals.**